

LIFESTYLES

HAWAII MARINE B SECTION

JANUARY 12, 2007

Above it all

Story and Photos by
Christine Cabalo

Photojournalist

HONOLULU, Hawaii — High above the waters of Honolulu Harbor stands the Aloha Tower along with the clock that has kept perfect time for the past 80 years. Opened Sept. 11, 1926, the tower that has been the control center for ships entering Hawaii also offers a panoramic 360-degree view of Honolulu's waterfront and financial district.

The cream-colored gothic building and its 12-foot clock was the tallest structure in the state from the time of its construction until 1970. And, although it can no longer boast of being the tallest, the Aloha Tower can certainly boast about its decades old elevator. As visitors have done since 1920, today's visitors to the tower can take that same elevator to a height of more than 184 feet to the 10th floor observation deck where they will delight in the unobstructed view of Honolulu Harbor and the Hawaii Maritime Museum.

"When they say 'Aloha,' they mean it," wrote Mr. and Mrs. Chad Dhain in the tower's guest book during their 1929 visit.

Although the tower sees more than 100 visitors to its 10th floor observation deck daily, other levels are not accessible to the public.

The historic 10-story tower houses local businesses and government workspaces, including harbor traffic control.

Perry Oda, a harbor traffic control supervisor who has worked in the building for the past 15 years, monitors Honolulu Harbor boat traffic from the Department of Transportation's offices located directly below the tower's clock room.

Because of its age, the tower is included in the National Register of Historic Places and preserved to look as it did in the 1920s. Primarily maintained by DOT, Oda said the tower's appearance has only significantly changed once in its 80-year history.

"The tower actually got hit with enemy bullets during the Pearl Harbor attacks in 1941," he said.

For the duration of World War II, the tower was put into military service and camouflaged with green paint to prevent further attacks. In 1947 the paint was stripped from the building and the tower reopened to visitors a year later.

According to Oda, the tower is still a significant government resource as a control center for monitoring the harbor that serves as a gateway for goods that are delivered to Hawaii.

"Around 95 percent of anything you buy in the store or anything you pay money for, comes through Honolulu Harbor," said Oda. "Your bread and milk – anything – it comes through the harbor."

Many who work in Aloha Tower have a special appreciation for the building, like Godofredo Agabao, a security guard for the tower. On the job for two years, Agabao said he loves coming into work near the breezy harbor and meeting so many people. Niki Hayashi, harbor traffic controller, said she loves working in such a beautiful place.

"It's pretty cool to work in a historical building," said Hayashi. "You know it won't get torn down and the building will always be there."

She concluded, "The view from the tower is amazing."



At 184 feet tall, the Aloha Tower was completed in 1929 and is located at Honolulu Harbor, Pier 9. The 80-year-old tower's 12-foot, solid brass clock is said to continue to keep accurate time - within a range of 30 seconds.



The inner metal gears of Aloha Tower's clock take up an entire floor of the cream-colored gothic building. Herman Allerstorfer, a jeweler from Kailua, has serviced the clock once a month since 1968.



A photographer takes several photographs from the Diamond Head section of Aloha Tower's 10th floor observation deck. The tower has offered its visitors a 360-degree view of Honolulu's waterfront and skyline for the past 80 years.



David Tanabe, archivist from the Hawaii State Archives, flips through a 1920s visitor's book from Aloha Tower. The archives stores the book, which lists the names of those who visited from 1927 to 1929 and comments they made about their visit to the tower.

MCCS Briefs

www.mccshawaii.com

Kahuna’s Recreation Center

254-7660/7661

Live rock music with Analog starts at 8:30 p.m. tonight.

Divisional Playoff action continues on Sunday with a doubleheader. Seattle Seahawks play the Chicago Bears and New England Patriots play the San Diego Chargers. Doors open at 7 a.m. Enjoy the game along with breakfast made by Chef Dwight and crew.

Tuesday the Club offers 20-cent peel-’n-eat shrimp.

Make Thursday night cheap eats with 25-cent wings.

Staff NCO Club

254-5481

Bosses deserve to be rewarded. Bring your boss to Bosses Night on Thursday from 4:30 p.m. to 8 p.m. Free pupus and a karaoke challenge.

Fairways to Go is offered seven days a week from 8 a.m. to 6:30 p.m. Call 254-5592 to place an order.

The Officers’ Club

254-7650

Every Wednesday is Member Appreciation Night at the Kauai Bar from 5 to 7 p.m. Show your membership card for half-priced burgers and specially priced domestic and import beverages. Full prices return after 7 p.m.

Mongolian Barbecue is offered Wednesday and Friday at 5: 30 p.m. in the Lanai Ballroom. Present your card for member discount. Reservations are recommended.

The Officers’ Club converted to a members-only facility Jan. 1. All eligible active duty personnel, retirees, government service and non-appropriated funded employees must present membership card beginning Jan. 1, to patronize the Club. Visit www.mccshawaii.com/officer.htm to become a member, or call 254-7650 for more information.

All Hands

Special hours for Exchange Annex due to annual inventory. Hours of operation will be from 9 a.m. to 6 p.m. The Hallmark section of the store will close at 4 p.m.

Call 254-7616 for more information.

In observance of Martin Luther King Jr. Day, the Children, Youth & Teen Programs will be closed on Monday.

L.I.N.K.S. is a great way for spouses to network and learn about the military way of life. This month’s theme is “Blast from the Past”. Classes held on Tuesday and Wednesday from 5:30 p.m. to 7 p.m. in Bldg. 5082.

Call 257-2368 for more information.

Special hours for the Marine Corps Exchange due to annual inventory. Hours of operation will be from 9 a.m. to 6 p.m. The Hallmark section of the store will close at 4 p.m.

Call 254-3890 for more information.

The Single Marine & Sailor Program is looking for volunteers to assist with the Pro Bowl Halftime show. Volunteers should be available Feb. 5 to 10, and will be given lunch and a letter of appreciation for their services.

Call 254-7593 for more information.

Community event:

International judges to judge regional cat show at McCoy Pavilion

The South West Regional Cat Fanciers Association will host a Cat Show Saturday at McCoy Pavilion from 10 a.m. to 4 p.m.

There will be four international judges from the mainland who will judge the all breed, pure bred cats as well as the household cats.

This is a wonderful opportunity to introduce newcomers to the Cat Fancy and its show at the Pavilion, located at the west end of Ala Moana Beach Park. There will be large signs on the sidewalk in front of the Pavilion to direct those wishing to attend this event.

Admittance is \$4 for adults and \$2 for children.

For more information on the show, call Sherlane Dick, publicity chairman, at 531-4891.



Julie McIntyre

Matson, a kitten who was rescued after being accidentally shipped from the mainland in a shipping container, was the only surviving kitten out of a litter of four. A Safeway employee who discovered the 2-week-old kitten took it to “Joey’s Feline Friends” where she was bottle-fed and treated until she was taken to Companion Animal Hospital. There, Matson, named after the shipping company that shipped her to Hawaii, was held for four months of recuperation and quarantine. Once Matson was released, she quickly found a home with Julie McIntyre, office manager at Companion Animal Hospital. Since her miraculous recovery, Matson has gained much publicity and made her grand debut into the world of cat shows last year. Matson premiered at the Hawaii All Breed Cat Club Show, March 12, 2006, where she competed in the Household Pet Category. For those interested in showing their household cat in cat shows here in Hawaii, Saturday’s show at the Pavilion provides a unique opportunity to find out how to show off your cat at shows.

Book review:

‘Gift of Valor: A War Story’



Lance Cpl. Edward C. deBree
Combat Correspondent

In light of the fact that Cpl. Jason Dunham received the Medal of Honor for his actions in Iraq, it’s only fitting to do a book review on the book that gives insight into Dunham’s life.

In “The Gift of Valor: A War Story,” Michael M. Phillips tells of Dunham’s life in

great detail. From growing up in a broken home to joining the Marine Corps and deploying to Iraq, Phillips catches the emotions that Dunham went through before sacrificing his life to save his comrades.

Phillips goes into detail about how other noncommissioned officers didn’t agree with the way he treated his Marines. Dunham was a firm believer in leading by example and never asking his Marines to do something he couldn’t do.

One chilling conversation Phillips describes in his book is between Dunham and his mother when Dunham was on pre-deployment leave before he was sent to Iraq. After the two have an argument about the situation in Iraq, Dunham’s mother leaves the room, but before she exits, she turns around and asks him, “Full dress blues?” to which Dunham replies, “Yes,” referring to what he wants to be buried in should he be killed in Iraq.

One thing about the book is that it not only describes the life Dunham lived, it also goes into detail on the background of the Marines who worked with him. The reader really develops a feel for who each and every-

one in the book is.

The events that led up to Dunham’s actions are described as the Marines went on a convoy through the city of Karabilah, Iraq.

When Dunham’s squad arrived at the scene, they walked straight into a “hot zone” and immediately took action. Dunham came across an insurgent and began wrestling with him. Then, a grenade is thrown in his direction. Dunham removed his Kevlar and put it on top of the grenade, using the weight of his body to brace for impact.

This book is one that will be hard to put down once you pick it up.

The reader will be drawn in with each turn of the page. Along with Bing West’s “No True Glory,” this book is one of the better books that have emerged about Operation Iraqi Freedom. Dunham’s actions saved the lives of his fellow Marines.

I would highly recommend this book, whether you are on duty, have some spare time at work, or even have to make time to read this book. This is one that I would also recommend be included on the Professional Reading Program list.

Movie review:

‘Rocky Balboa’



Cpl. Ryan Trevino
Community Relations Chief

Editors note: Each week Hawaii Marine’s own film critic LCpl. Ryan Trevino will provide readers with in-depth reviews and unbiased ratings of a film currently in theaters or one of the many classics of yesterday.

The rating system requires some explanation before you get started. If the film being reviewed is currently available for rent or purchase it will be assigned a certain number of “microwaves” on a scale of one to four to rate its “reheat factor.”

If the film being reviewed is in theaters, it will be assigned a certain number of service stripes on a scale from one to four.

In other words, the more microwaves or service stripes the

film receives, the better and more entertaining it is to watch.

Score: 3 out of 4 Service Stripes



I was forced to go see the latest edition in the “Rocky” franchise, “Rocky Balboa,” last week. I think it was the movie trailer that initially turned me off on seeing the film, even though I know never to trust a trailer. But this one didn’t even spark the slightest interest for me, and I’d have to call myself a fan of at least three of the previous “Rocky” movies. The trailer was disturbing to say the least. Watching some flabby has-been go blow for blow with America’s newest generation of heavy-weight contenders didn’t exactly make me want to hum the “Rocky” theme song.

So there I was, in the situation I hate the most. I was unable to pick which movie to see due to the fact I had chosen the last two movies my wife and I saw together, so now it was her turn to choose. I fought it as hard as I could but eventually lost when she gave me the ultimatum of watching either Rocky or “The Holiday.” Rocky it was.

Here’s a little background to set the scene for my readers ... We were in California for the holidays and if you don’t know, it gets a little chilly there at night. I was sporting a grey hooded sweatshirt to keep warm. Little did I know this would come in extremely handy later. We made our way up the small set of steps that led to the box office just two minutes before the movie started. Like I said, I was fighting her pretty hard. Caving in, I quietly paid for the tickets, sighed loudly, hung my head low, skipped right past the concessions and took my seat in the already dark theater. I prepared for the worst.

Immediately, my wife fell asleep when the opening credits start to roll. I was FURIOUS! Here I am, my wife asleep and this horrible movie about to start. I decided to give it 15 minutes before I woke her up and told her that there was a ticking bomb in the men’s restroom or something, anything to get out of this place. I buckled down for the visually painful ride I was about to endure, and I’ll tell you what, I’m glad I did.

Even though Sylvester Stallone isn’t hanging from cliffs anymore, he’s still got that “Rocky” character down to a science. It’s interesting just to watch the little things that he did to make Rocky, well, Rocky.

In the movie, with Adrian dead and gone, Rocky moved on from boxing to entrepreneurship – owning and operating an Italian restaurant. Although business isn’t exactly booming, Rocky pays it no mind. He would much rather enjoy the company of his friends and family than the satisfaction of a monetary kind. Even though he misses his soul mate, he seems to be at peace in his life during the first half of the film. He has accepted the fact that his boxing glory days are behind him.

There is little to no action in the first hour of the film, which isn’t necessarily a bad thing. It gives the viewers the chance to see today’s Rocky. The fact that the movie started off slow didn’t bother me too much, because the story slowly builds momentum and grows to become one of the best boxing sequences of all the “Rocky” films.

Everybody loves a good underdog story and “Rocky” is synonymous with the phrase. Not fully content with his new restaurant venture, he still feels as though he has something “left in the basement.” Pauly encourages him to pursue his ambitions. (I’m glad good ole Pauly makes an appearance in this film. He’s still bitter at the world, but has

See ROCKY, B-3

MOVIE TIME

Prices: Friday and Saturday 7:15 p.m., shows are \$3 for adults and \$1.50 for children. Sunday matinee is shown at 2 p.m. Shows are \$2 for adults and \$1 for children. Evening showings on Sunday and Wednesday are at 6:30 p.m. and late shows are shown Friday and Saturday at 9:45 p.m. Cost is \$2 for adults and \$1.50 for children.

For ticket pricing, the Base Theater Box Office defines an adult as a patron 12 and older and defines a child as a patron from 6 to 11. Children 5 and younger are admitted free of charge. Parents must purchase tickets for R-rated movies in person at the box office for children 16 and younger. Patrons must present their military identification card when purchasing tickets. Call 254-7642 for recorded information.

Sneak Preview Policy: One hour and 45 minutes prior to the movie, tickets will be issued to first priority patrons waiting in line, then second and third priority patrons.

In an effort to prevent piracy, the following security measures will be enforced on base for sneak preview screenings: bag checks, confiscation of cameras or cell phones with picture taking capability (items will be returned after screening), magnetometer wand, audience scanning with night vision goggles during screening.

The Base Theater and film companies thank you in advance for your cooperation and hope you will enjoy the show. For recorded information, call the Base Theater at 254-7642.

Deck the Halls (PG)
Casino Royale (PG13)
Happy Feet (PG)
Stranger Than Fiction (PG13)
Deck the Halls (PG)
Casino Royale (PG13)
Happy Feet (PG)
Unaccompanied Minors (PG)
The Nativity Story (PG)

Today at 7:15 p.m.
Today at 9:45 p.m.
Saturday at 6:30 p.m.
Saturday at 9:45 p.m.
Sunday at 2:00 p.m.
Sunday at 6:30 p.m.
Wednesday at 6:30 p.m.
Friday at 7:15 p.m.
Friday at 9:45 p.m.

Commissaries ring up increased savings for military families

Bonnie Powell
Defense Commissary Agency

Commissary customers are ringing in the new year with record-breaking savings. As a result, they should be resolving to shop their local commissary more often.

“I’m proud to announce that average customer savings for a family of four has risen to nearly \$3,000 annually,” said Defense Commissary Agency Director and CEO Patrick Nixon.

“As an agency, we always deliver the message that our savings are an average of 30 percent or more worldwide, but savings have actually been holding steady at about 32 percent for several years now.”

The Defense Commissary Agency has not revised its savings messages for more than a year, but using current United States Department of Agriculture figures for retail grocery food purchases consumed at home, a family of four shopping at the commissary on a regular basis can now save \$2,957 annually on groceries. The figure formerly used was \$2,700.

“Considering the rising cost of food, our buyers and the manufacturers and vendors who sell groceries in the commissary system have done a great job in maintaining outstanding customer savings over commercial grocery stores,” said Nixon. “It all adds up to savings that can be used by military families to meet the rising costs of college, vacations, new cars – or even gas for their cars.

Under the latest calculations, couples can save \$1,885 and singles can save \$1,029 by shopping regularly at their commissary.

Average DeCA savings calculations are based on an annual price comparison study, which compares commissary prices on approximately 30,000 items with those of local supermarkets, major grocery store chains and super centers. The study also takes into account state taxes and the five percent commissary surcharge, which goes to renovate commissaries and build new ones.

Figures for fresh meat and produce, as well as data for locations outside the contiguous United States, are obtained through random sampling. Weighting techniques take into account such factors as cost of living in a variety of areas and regions, as well as customer buying habits.

The commissary benefit also offers an efficient return on investment for the American taxpayer.

“The commissary benefit has always been recognized as one of the military’s most valued benefits,” said Nixon. “When you take customer savings into account, commissaries deliver more than two dollars in benefits to military customers for every tax dollar expended to support the system, and we’re extremely proud of that accomplishment.”



File photo
A mother and daughter make a careful selection at the produce aisle in a commissary.

Bank on it



Lance Cpl. Edward C. deBree
Construction workers take to the roof at the new Winward Community Federal Credit Union that is being constructed next to the commissary aboard Marine Corps Base Hawaii, Kaneohe Bay. Construction on the \$2.6 million building is scheduled to be completed some time in January. The 5,400-square-foot office building includes a drive-thru teller window.

ROCKY, from B-2

taken up abstract painting to vent his frustrations.)

After he sees a computer-simulated boxing bout between the young, cocky champ and Rocky in his prime where Balboa is declared the winner, Rocky starts to get some of his old fighting spirit back. I think the angle of using a computer simulated fight was brilliant. It forces the simple-minded, hard-working Rocky character, a cinematic legend, into a new era, one of technology and gadgets. Something that Rocky could never possibly understand. Contrasting worlds collide, and the result is an older, wiser Rocky that can meet any challenge thrown his way.

After the media and boxing promoters hype up the fight, the table is set and both sides are ready to duke it out in front of a Vegas crowd. One major downside to the film was the training montage. It was very short and generic. They should’ve just taken Rocky right out of his restaurant, dressed him in his little red shorts, and thrown him straight into the ring. It was pointless and should have been left on the cutting room floor.

With inspiration from Pauly, his son, and a new love interest (don’t want to give away too much of the story) in his corner, the rest is history.

Check out the film for yourself to see how it ends.

After seeing this flick, I real-

ized that going into a theater with low rather than high expectations was the way to go.

Surprisingly pleased is much better than thoroughly disappointed.


The credits rolled, people applauded, my wife snored; it was perfect. I politely roused her awake, and we made our way out of the theater. Without thinking, I pulled the hood from my grey sweatshirt over my head and jogged up and down the stairs right outside the theater with my fists held high in victory (I told you it would come in handy). People stared and laughed, while my wife walked away in embarrassment. But so what, I was inspired, and I didn’t care who saw me. I would rate this Rocky up there with the first two, and I think you’ll feel the same way.

America’s First Line of Defense

*...And the rocket's red glare
the bombs bursting in air
gave birth through the night
that our flag was still there
O say does that star
spangled banner yet wave
O'er the land of the free
and the home of the brave?*

JFK Key Feb 14, 184

OPERATIONS SECURITY

 www.ioss.gov

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ON THE MENU AT ANDERSON HALL

Friday <i>Lunch</i> Oven roast beef Baked tuna & noodles Steamed rice French fried cauliflower Vegetable combo Brown gravy Chilled horseradish Banana coconut cream pie Chocolate chip cookies Carrot cake Cream cheese frosting Vanilla/chocolate cream pudding Lime/strawberry gelatin <i>Specialty bar: Deli</i>	Cream gravy Bread pudding w/lemon sauce Vanilla cream pie Vanilla cookies Pineapple upside-down cake Vanilla/chocolate cream pudding Strawberry/orange gelatin	Wednesday <i>Lunch</i> Baked ham Chili macaroni Candied sweet potatoes Grilled cheese sandwich French fried okra Cauliflower au gratin Pineapple sauce Bread pudding w/lemon sauce Peanut butter brownie Banana cake w/butter cream frosting Vanilla/chocolate cream pudding Orange/raspberry gelatin <i>Specialty bar: Hot dog & sausage</i>
<i>Dinner</i> Sauerbraten Baked knockwurst w/sauerkraut Scalloped potatoes Noodles Jefferson Green beans w/mushrooms Creole summer squash Brown gravy Desserts: Same as lunch	Monday <i>Dinner</i> Roast turkey Oven roast beef Pork fried rice Parsley buttered potatoes Green beans w/mushrooms Simmered corn Brown gravy Pumpkin pie Chocolate cookies Easy choc. cake w/chocolate butter cream frosting Vanilla/chocolate cream pudding Strawberry/strawberry gelatin	<i>Dinner</i> Baked stuffed pork chops Turkey pot pie Calico corn Simmered peas & carrots Steamed rice Mashed potatoes Brown gravy Desserts: same as lunch
Saturday <i>Dinner</i> Grilled T-bone steak Pork chops Mexicana Mashed potatoes Spanish rice Mexican corn Peas & mushrooms Brown gravy Cheesecake w/cherry topping Fruit nut bars Chocolate/vanilla cream pudding Lemon/lemon gelatin Yellow cake	Tuesday <i>Lunch</i> Sweet Italian sausage Veal parmesan Cheese ravioli Spaghetti noodles Simmered asparagus Italian blend vegetables Meat sauce Strawberry glazed cream pie Brownies Devil's food cake w/mocha buttercream frosting Vanilla/chocolate cream pudding Cherry/lime gelatin <i>Specialty bar: Taco</i>	Thursday <i>Lunch</i> Cantonese spareribs Baked tuna & noodles Shrimp fried rice Corn on the cob Club spinach Corn bread dressing Brown gravy Lemon chiffon pie Snickerdoodle cookies German chocolate cake Vanilla/chocolate cream pudding Lime/strawberry gelatin <i>Specialty bar: Southern meal</i>
Sunday <i>Dinner</i> Beef pot pie Baked ham Baked macaroni & cheese Club spinach Cauliflower au gratin	<i>Dinner</i> Swiss steak with tomato sauce Lemon baked fish Lyonnaise potatoes Steamed rice Southern style green beans Vegetable combo Brown gravy Desserts: Same as lunch	<i>Dinner</i> Swedish meatballs Caribbean chicken breast Steamed rice Paprika butter potatoes Simmered brussels sprouts Simmered summer squash Chicken gravy

LIBERTY BUS SCHEDULE

The following is the schedule for Marine Corps Base Hawaii’s Liberty Bus, which makes trips from MCB Hawaii, Kaneohe Bay, to Waikiki and back every Friday and Saturday. This shuttle service is free and offered to active duty service members only with ID.

Pickup Marine Corps Exchange and Enlisted Club	Drop Off Hale Koa Hotel parking structure*	Pickup Times 6:35 p.m. 9:25 p.m. 01:25 a.m.
Pickup Hale Koa Hotel	Drop Off Marine Corps Exchange Annex and Enlisted Club	Pickup Times 7:50 p.m. Midnight 03:00 a.m.

*The pickup location in Waikiki is located across the street from the Hale Koa Hotel near the vehicle entrance to the parking structure.

MARINE MAKEPONO

HAWAIIAN FOR “MARINE BARGAINS”

Ads are accepted from active duty adn retired military personnel, their family members and MCB Hawaii civil service employees.

Ads are free and will appear in two issues of Hawaii Marine, on a space- available basis. Those interested in advertising must bring a valid DoD-issued ID to the Hawaii Marine Office.

The deadline for submitting ads to the Hawaii Marine is 4 p.m. the Friday of the week prior to publication.

Makepono may be used only for noncommercial classified ads containing items of personal property.

Forms may be filled out Monday through Friday between 7:30 a.m. and 4:30 p.m. at the MCB Hawaii Public Affairs Office located in Building 216 aboard Marine Corps Base, Kaneohe Bay.

Former drill instructor, 3 recruits meet in Iraq

Cpl. James B. Hoke
3rd Marine Aircraft Wing

AL ASAD, Iraq — Almost four years ago, three young men rushed from a bus to the famous “yellow footprints” at Marine Corps Recruit Depot, San Diego. On that day, these individuals met their drill instructors and became a part of Platoon 3069, beginning their struggles to become Marines.

Today, these three Marines are serving in Al Asad, Iraq, with Marine Heavy Helicopter Squadron 363 and with one of the first Marines they ever met – their drill instructor.

Sergeants William J. Drips, David A. Dillinger Jr. and Cpl. Ernesto Cazares, all former Platoon 3069 recruits, deployed to Iraq in late August with one of their drill instructors, Staff Sgt. Jason A. Politte.

"The coincidence that we are all here is definitely unusual," said Politte, administration chief and squadron gunnery sergeant for Hawaii-based HMH-363, Marine Aircraft Group 16 (Reinforced), 3rd Marine Aircraft Wing (Forward).

"It's good to see them out here – especially going from recruit training, because two of them were squad leaders. A lot of my buddies (other former drill instructors) said they have seen their recruits out in the fleet, but seeing three of the Marines I trained in the same squadron ... you don't see that too often."

Having stuck by one another since recruit training, Dillinger Jr. and Cazares, flight line mechanics with HMH-363, went through all of their training after boot camp together and were assigned to the same squadron.

"We've been stationed together for almost four years now," said Dillinger Jr., a 23-year-old native of Anderson, Calif. "We'll be together until we get out."

"It makes it easier for us because we work in the same



Cpl. James B. Hoke

Staff Sergeant Jason A. Politte (right), Sgt. William J. Drips, Cpl. Ernesto Cazares and Sgt. David A. Dillinger Jr. stand on the flight line at Al Asad, Iraq, Dec. 22, 2006. Politte, a former drill instructor, and the three Marines, his former recruits, originally met one another in early 2003 during recruit training in Platoon 3069, Kilo Company, 3rd Battalion, at Marine Corps Recruit Depot San Diego. Now, all four are serving in Iraq with Hawaii-based Marine Heavy Helicopter Squadron 363, Marine Aircraft Group 16 (Reinforced), 3rd Marine Aircraft Wing (Forward).

military occupational specialty."

Politte followed his two recruits to the squadron in late 2005, according to Cazares, a 25-year-old native of Chicago.

"I think he planned it to pick on us," joked Cazares, a Farragut High School graduate.

"We both got our e-mail gestures when he came to Hawaii," said Dillinger Jr., an Anderson High School graduate. "'Everywhere you go, there is a drill instructor,' it said."

Following Politte by only a few months, Drips, who had been stationed at Marine

Corps Base Camp Pendleton, Calif., received orders to HMH-363 at Marine Corps Base Kaneohe Bay, Hawaii, in early 2006.

"I actually got an e-mail from (Politte) before I checked into the squadron, and it said, 'Oh, so you think you're going to 363, huh?'" said Drips, a flight equipment technician and aerial observer with HMH-363. "It was a little unexpected for me. I didn't think I would see these guys again. Then, my orders just popped up, and I was going to Hawaii."

According to Drips, a 23-year-old native of Davis,

Calif., it is ironic the three Marines are serving in the same squadron and together on the same deployment.

"It's kind of funny, not only that we were all in boot camp together, but Dillinger and I were rack mates together, because we were squad leaders," said the Davis Senior High School graduate. "Cazares stood right across the hall from us. It is kind of funny because we are rack mates again now."

Although almost four years have passed since these three stepped on the yellow footprints, the lessons instilled in them at recruit training are

still evident in their actions today.

"You can definitely tell that the intimidation factor is still there – which I think is natural between any Marine and their drill instructors – but there is a sense of respect, both from me to them and from them to me," said Politte, a 28-year-old native of Papillion, Neb.

"They've gained that trust and respect. It's funny, looking at them sometimes, especially when they hear me yelling. I talk to them now, as they are Marines. I teach them things, and they teach me, too."

Politte said serving with Marines he helped train gives him a sense of accomplishment as the drill instructor of Platoon 3069 – the honor platoon of Kilo Company, 3rd Battalion.

"Seeing them as corporals and sergeants in Iraq makes me feel that I was more successful down there," concluded Politte, a graduate from Papillion Lavista High School. "It's a great experience to go down and train recruits at the depot to become Marines, and it is definitely worth the long hours and time away from family and friends that we spend there."

Whether you resolve to save time and money or to keep in shape, have someone you are responsible for reporting to whenever to decide to make a resolution. You have a better chance of keeping your new year's resolution, if you have someone to report your progress to.



File photo

Make a resolution now to make better resolutions

Lissa Ann Wohltmann
LIFELines

The stroke of midnight on New Year's morning means more than simply another minute passing. It's the hope for a better future and a chance to start anew.

This opportunity for a fresh beginning propels many to make promises of losing weight, get a better job, be less flippant with our shopping habits, or find the relationship of their dreams.

However, breaking those nasty habits we've honed for years has to be at the top of the resolution list.

"Experts agree that no matter how stubborn a habit you've developed, there are ways to break negative patterns and keep healthy resolutions throughout the new year," stated the advice given on the University of Maryland Medical Center's Web site. "The trick is to keep everything in perspective."

The Web site offers the following tips for forming and sustaining those new year's promises:

- Review your last year's resolution. If you keep making and breaking the same vow over and over again, perhaps now is the time to reevaluate this particular resolution. What did you do wrong, and is it really achievable?
- Set a purpose for why you want to do whatever it is you are trying to accomplish. If you don't have a reason to do something, then your motivation probably will be quite low. Without

motivation, most people can't sustain a resolution for any length of time.

- Don't overdo it. Having too many undertakings will only create chaos and bog you down with unnecessary burdens. Decide on one or two selections, then carry them out.
- Stick with it. If you simply want to do something for a couple of weeks, that's fine, but that is certainly not a resolution. A new year's resolution is a promise to sustain something for the entire year.
- Recognize the cost of your decision before you resolve to pay it. "Any worthwhile human achievement requires sacrifice, risk, effort and perseverance. Of course it does. This is how life works," the Web site states. "Be accountable to someone in case you don't follow your resolution seriously."

Changing one's behavior for the long haul involves an awareness of the underlying problem or obstacle. Cathy Tillman, who holds a Master of Arts degree in marriage and family therapy, is partial to the cognitive behavioral school of thought when it comes to bringing about change. This is where one identifies current maladaptive behaviors and replaces them with healthier activities.

Although this sounds easy in a clinical setting, changing what you don't like about yourself is difficult. However, if you have hope and intense motivation, then your change can be one for the better.

Staff sergeant knew the Corps was for him

Sgt. Michelle M. Dickson
Combat Correspondent

“I pretty much signed up in the 10th grade,” said the native of Bay Shore, N.Y. “The first time I saw the recruiter, I knew I wanted to join the Corps and still think I made the right decision.”

Staff Sergeant Joseph V. Lamanna, chief cook, Anderson Hall Dining Facility, Headquarters and Service Company, 3rd Battalion, 3rd Marine Regiment, has been serving in the Marine Corps for more than eight years now and said he hasn’t yet found anything he likes better.

While attending Bay Shore High School, Lamanna played football and ran track. Upon graduation, he turned to the Marine Corps .

“I didn’t want to go to community college, and I knew at the time that joining the military would be a better choice for me,” said the 27-year-old. “Neither my parents nor my siblings had been in the military, but my father thought it was a good choice. My mother still doesn’t like the idea that much, but she knows it’s what I want to do and supports me.”

Wasting no time, Lamanna enlisted in the Marine Corps three days after graduating from high school.

“None of the other branches were an option for me,” said Lamanna. “I went for the best. The best choice was the Marine Corps.”

After graduating boot camp in 1998, Lamanna attended the military occupational school for food service specialists. Upon graduation, he reported to Twentynine Palms, Calif.

“I’ve always enjoyed cooking and grew up with it constantly being a big thing in my family,” said Lamanna. “Cooking kind of takes me to my ‘happy place,’” he admitted.

Lamanna reported to Marine Corps Base Hawaii, Kaneohe Bay, in March 2002 and served with 1st Battalion, 12th Marine Regiment, before reporting into his current



Sgt. Michelle M. Dickson

Staff Sergeant Joseph V. Lamanna, chief cook, Headquarters and Service Company, 3rd Battalion, 3rd Marine Regiment, poses for a photo with Anderson Hall Dining Facility's Christmas tree. Lamanna said the best part about his job is the opportunity to teach other Marines.

unit, 3rd Battalion, 3rd Marine Regiment.

Since being assigned to 3/3, Lamanna has deployed to Iraq in support of Operation Iraqi Freedom. He described his deployment as an unbelievable experience.

“I’ve experienced deployments and being away from home before, but the combat environment is so different from anything I ever experienced,” said Lamanna. “And seeing people living day-to-day, with constant shooting and chaos around them really wakes you up to reality.”

Lamanna will do another tour to Iraq with 3/3 this year and said he will be more confident while on this one, since he as already experienced deploying to Iraq once and learned a lot from the first tour.

“I have eight guys going with me with combat and MOS experience, so I’m fully confident that we will get the job done,” said Lamanna.

Corporal Jeffrey R. Fletcher, food service specialist, Headquarters and Service Company, 3/3, has worked for Lamanna for a year and a half and has deployed with him to Iraq.

“Staff Sergeant Lamanna is the best Marine I’ve ever met,” said the native of Morgantown, W. Va. “He’s fair and is more than willing to sit down one-on-one with the Marines to teach them how to do something.”

The 20-year-old said regardless of how busy Lamanna is, he will always make time for his Marines and provide them with the guidance they need.

“He will talk to you and tell you how to do something the correct way, and then he lets you do it on your own so you can learn,” said

Fletcher. “He is the type of Marine who others strive to be like.”

Lamanna said he plans to make the Corps a career, but one day hopes to take a course and be a counselor.

“I’ve always had self-discipline in life, but the Marine Corps fine tuned it,” said Lamanna. “And now, being a (staff noncommissioned officer), I love having the opportunity to give back what I’ve learned to the younger Marines. I like seeing them where I was and then seeing what they’ve learned at the end of the day.”

Chief petty officer enjoys time in Navy, volunteering

Lance Cpl. Edward C. deBree
Combat Correspondent

The excitement of traveling the world is one reason some say they joined the military. According to one Sailor, traveling never gets old.

Chief Petty Officer Chad A. Guerrero, operations leading chief, Helicopter Anti-Submarine Squadron Light 37, joined the Navy in 1989 after receiving a high school diploma from Pine Ridge Job Corps.

The native of Warner Robins, Ga., said what appealed to him about the Navy was being able to fly over land and sea and see new and interesting things.

“The first time I flew was on a commercial airliner back in ’81 and thought that was the coolest thing that I had ever done – looking over cities and farmlands. (Flying) is what I wanted to do,” Guerrero admitted.

Something else that helped him make up his about joining the Navy was hearing about his father and brothers’ experiences. His father joined the Army and later transferred over to the

Air Force, deploying to Vietnam three times in the ’60s. One brother joined the Army and the other joined the Navy.

Because of all the stories and experiences that they shared with him, Guerrero was set on a career in the Navy.

Once he enlisted, like many service members before him, Guerrero set goals to achieve. He initially wanted to be a commissioned officer, but after signing enlistment papers, he set his sights on becoming a chief petty officer.

This goal became a reality last year when he “put on the hat” – something that he refers to as the highlight of his career.

“Making chief is the thing I’m most proud of doing in my career,” he said. “It’s a very special brotherhood within the Navy. It’s very challenging and a very special thing to achieve.”

Since his enlistment, he has traveled throughout the world, serving as a water survival instructor at Recruit Training Command, Great Lakes, Ill.; being stationed aboard the nuclear-powered aircraft carrier USS Carl Vincent homeported in



Courtesy photo

Chief Petty Officer Chad A. Guerrero, operations leading chief, Helicopter Anti-Submarine Squadron Light 37, stands on the deck of a ship, waiting to participate in an annual search and rescue "Jump in the Bay" in San Diego last year. Guerrero has participated in a number of operations during his Navy career, including Operations Desert Shield, Desert Fox, and Enduring Freedom.

Bremerton, Wash.; and serving at the Tactical Support Center and HSL-37, both aboard Marine Corps Base Hawaii, Kaneohe Bay.

During his career with the

Navy, Guerrero has participated in Operations Desert Shield, Desert Fox and Enduring Freedom. He also participated in the North Atlantic Treaty Organization’s

missions to Yugoslavia in addition to making several deployments.

After September 11, 2001, Guerrero was deployed aboard one of the first ships

to respond when the president called for actions against the terrorists.

“Enduring Freedom was my most memorable (deployment),” he said. “My shop was the planning head for operations.”

With 16 years invested in the Navy, Guerrero said he plans to leave when the Navy says he can no longer serve.

As for HSL-37 officials – they are grateful for his service to the squadron.

“He’s a hard worker and always applies himself and does extra work,” said Lt. Michael Goldston, operations division officer. “He’s very persistent about working hard and doing what is right.”

Any chance Guerrero gets, he volunteers for the Special Olympics as the Navy coordinator and manager, something he said brings him fulfillment in his achievements.

“One of the things that make me proudest is volunteering,” he said. “I’ve volunteered for the Special Olympics for six years and encourage my men to (volunteer as well).”

It’s rewarding to see the smile on these athletes’ faces and to feel the pride and joy of helping.”

Private first class takes up family tradition

Christine Cabalo

Photojournalist

Being in the Marine Corps runs in the family for Katie Powers. The 21-year-old private first class from Bagley, Minn., is one of six of siblings who have joined the Corps. Her younger brother O'Shamus Powers will be joining in the fall.

"Currently, there are three of us in the Marine Corps," she said. "I am the lowest ranking one. My brother is a lance corporal at Pendleton (Calif.) and my sister is a lance corporal at Miramar (Calif.)."

A member of the Corps for the past nine months, Powers said one of the reasons she wanted to join was because of the example set by her siblings who served. Her older brother Kristian "Oscar" Powers was the first in her family to join. He served for 10 years before leaving the Corps in 2005.

In addition to having four brothers and a sister who joined, Powers said she felt an even deeper duty to serve.

"I chose to join because I wanted to help protect the country," she said. "When we went to war with Iraq, I wanted to be one of the few women who would do that."

Currently, Powers maintains order in another way as a legal services specialist at Marine Corps Base Hawaii at Kaneohe Bay. During the first two months of her tour aboard K-Bay, her duties included drafting all documents

necessary to conduct a court-martial. It's her responsibility to ensure there are no mistakes in the paperwork and that filing for each procedure is done properly.

Becoming well versed in her duties is what she's focused on now, Powers said. The junior Marine plans to stay in the Corps for another four years and learn about other areas of the law, once she becomes proficient with her current duties. Though Powers misses her family and life in Minnesota, she said she's enjoying her time on Oahu.

One of her favorite activities in Hawaii is going to the beach, she said, especially with its warm water and soft sand. Though she does miss ice skating and watching Minnesota hockey games, Powers said she wants to take up beach sports while she's in Hawaii. She admitted that learning how to surfboard and scuba dive are her goals now.

"I'm in a place where it's so beautiful outside. Why be indoors?" asked Powers.

Even though she's stationed in Hawaii, the 21-year-old native of Minnesota said keeping in contact with everyone in her family is a top priority. Her parents and two other siblings who are not in the Corps still live in Minnesota. Her other siblings are across the country. Two are stationed in California and another works near his former duty station in Washington, D.C.



Christine Cabalo

Private First Class Katie Powers stands in front of the Koolau Mountains near her office at the Legal Services Center aboard Marine Corps Base Hawaii, Kaneohe Bay. Powers is one of seven siblings who has served in the Corps in the last five years.

"I call my family every couple of days," she said. "I let everyone know how things are going. Sometimes it's hard to reach some of my family because we're all spread out."

Powers said despite being away from her family, she's still happy to be

a Marine. Working in legal services, she said, has given her a chance to "chase the bad guys" and maintain justice. Though she said her parents worry about the safety of their children at their duty stations across the country and fighting overseas, the pri-

vate first class said her parents have been very supportive.

"They've dealt with a lot of stress, but they've been pretty much happy with all of that we've done," said Powers. "They're really proud of all of us."

Goin' to the car wash



Cpl. Mark Fayloga

The Marine Corps Exchange Wash 'N Go automatic car wash is now open for business. Now, patrons who use the gas station aboard Marine Corps Base Hawaii, Kaneohe Bay, can choose the option of purchasing one of the many car-wash options right at the pump.

Choose Health

Choose Healthful Foods

American Heart Association

Fighting Heart Disease and Stroke

Funding higher education for your children

Julia Noreen Adams

LIFELines

Statistics indicate that a person with a college degree will earn 40 to 50 percent more over time and be less likely to be unemployed. A college education will pay for itself in the long run, but with no single, complete source of information, figuring out how to fund a college education is like navigating the ocean without a gyroscope. Successful planning requires hours of research on the Internet or at the library. Start soon, because the amount of time you have left before tuition bills start rolling in will determine how many options you have.

Saving For College

With 529 plans, investments are managed to help ensure maximum benefit when it is needed with as little as \$25 per month contribution or more, and interest is tax-free. There are some cases in which you can use the funds tax-free for non-educational purposes: i.e., if your child goes to a military academy or receives another type of full scholarship, you can withdraw an amount equal to the scholarship, so you are not penalized for saving for your child's education. Unused funds from one child's account may also be transferred to another 529 account without penalty. Additionally, there are Coverdell Education Savings Accounts (formerly called Education IRAs) that limit your annual investment amount, and prepaid tuition in which you pay for a specific number of semester hours.

Pros and Cons

Tax and use benefits are similar for all three plans. 529s offer more flexibility and control, but there are possible state income tax liabilities after the year 2010. Prepaid tuition offers a defined number of classes, while other plans don't guarantee how much education they will buy. Coverdell ESAs offer the option of using funds for elementary and secondary pri-

vate school, as well as college. The downside of prepaid tuition and Coverdell ESAs is that their dollar amount is counted as the child's assets for financial aid, whereas 529s are counted as the parent's assets and therefore have significantly less impact on the child's eligibility for financial aid.

Financial Aid

The difference between the cost of school and the expected family contribution is the amount of aid for which you are eligible. The EFC is determined by an equation established by law that considers income, assets, a list of other factors and any special circumstances.

There are four main sources of financial aid: private, institutional, state and federal. The process begins with meeting the annual deadline for the Free Application For Federal Student Aid. To apply, you will need the parents' and student's tax returns and W-2s for the previous year, a current bank statement, business records, and investment records.

Free Money

Scholarships are available from numerous and often surprising sources, including local businesses. Beware of any source that requires payment for information or applications — a sure sign of fraud.

You might consider the Upromise and Babymint Web sites that rebate a portion of credit and debit card purchases into an investment account. There's no catch, provided you shop wisely.

Reduce Costs

Community college is a great way to save. The associate degree curriculum is practically the same as the first two years of a university, but costs far less and may even improve university acceptance chances. Explore creative solutions to reduce costs, such as discounted textbooks, on-campus programs to offset room and board, and work-study opportunities.